



# Pasta Salad with Herb Vinaigrette

**Prep time:** 20 minutes

**Makes:** 6 Servings

This recipe starts with whole wheat pasta and includes fresh broccoli, tomatoes, carrots, and hard cooked eggs. Tossed with a refreshing vinaigrette flavored with basil, oregano, and garlic salt, this classic salad is a go-to recipe for an appetizer, main dish, or as a side.

## Ingredients

**6 ounces** uncooked whole wheat pasta, cooked, drained

**1 cup** chopped fresh broccoli

**3/4 cup** chopped tomato

**1/2 cup** Shredded carrot

**6** hard cooked eggs (cut into wedges)

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>220</b>
<b>Total Fat</b>	<b>10 g</b>
Saturated Fat	3 g
Cholesterol	185 mg
<b>Sodium</b>	<b>200 mg</b>
<b>Total Carbohydrate</b>	<b>25 g</b>
Dietary Fiber	4 g
Total Sugars	1 g
Added Sugars included	0 g
<b>Protein</b>	<b>11 g</b>
Vitamin D	1 mcg
Calcium	64 mg
Iron	3 mg
Potassium	253 mg

N/A - data is not available

## MyPlate Food Groups

 Vegetables	1/4 cup
 Grains	1 ounce
 Protein Foods	1 ounce

For the Dressing

**1/4 cup** white wine vinegar

**2 tablespoons** olive oil

**2 tablespoons** water

**1 teaspoon** dried basil leaves

**1 teaspoon** dried oregano leaves

**3/4 teaspoon** garlic salt

## Directions

1. Whisk dressing ingredients in small bowl until blended.
2. Combine pasta, broccoli, tomato and carrot in large bowl; toss. Pour dressing over pasta mixture; toss until evenly coated. Add eggs; toss briefly.
3. Refrigerate, covered, at least 4 hours to blend flavors.

## Notes

For a different flavor or to reduce cost, use any other vinegar you have on hand.

**Source:** Meeting Your MyPlate Goals on a Budget Toolkit by MyPlate National Strategic Partners